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U.S. border fees? North, south divided

U.S. towns near the 49th parallel strongly oppose levies, but folks near the Mexican border feel differently PAGE 7

WHAT, NO OCEAN'S 14?

AWARD-WINNING DIRECTOR STEVEN SODERBERGH IS RETIRING DESPITE HIS SUCCESS. HERE'S WHAT YOU MAY NOT KNOW ABOUT HIS LEGACY PAGE 9

POLICE PROBE CITY'S FIFTH HOMICIDE OF 2013

Regina police investigate a homicide on Monday in a back lane off Queen Street, after a man was found injured in a yard and later died. Story, page 2. ALYSSA MCDONALD/METRO

RM of Sherwood 'caught unaware' by annexation plan

Mayor defends push for land. Officials in neighbouring municipality say they've been blindsided by Fougere's proposal

ROSS ROMANIUK
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Regina's neighbouring Rural Municipality of Sherwood has struck back at Mayor Michael Fougere's annexation proposal, with its officials charging on Monday that the plan has "shocked and stunned" them.

Tim Probe, the RM's deputy reeve, said Fougere's plan — outlined by the mayor last Friday, as a way to accommodate development — is unnecessarily ambitious in calling for Regina to swallow up far more outlying property than the city needs, even as it grows rapidly in population.

"The rural municipality does not understand the unreasonable amount of land being requested by the city for annexation, when there are many other alternative solutions available," Probe told reporters, adding that he has "no idea" why Fougere is pushing for an annexation of what the RM says is 33.75 sections of land "without any discussion or even advance notice" to the capital's neighbours.

"I just know, from the RM of Sherwood's perspective, that we were caught unaware."

At the RM's downtown Regina office, Probe explained that Sherwood "is not opposed to reasonable annexation" of areas that developers want as part of the city." He argued, though, that about 2,950 acres of land within the city's existing boundary is pegged for residential development that could easily handle a population growth of up to 90,000, which would add to the current population of approximately 200,000.

Fougere, however, said Regina's annexation strategy should not have surprised Sherwood because an appendix of the RM's official community plan has "the very information" he proposed last week as a way to handle a projected, long-range surge to a population of 500,000.

"What might be the issue here is the level of understanding between the city and Sherwood," Fougere told Metro News.

"We have several developers who have asked for annexation, to receive city services. And we are going to pursue that, because they're knocking on our door … and there are several hundred million dollars of investment that could happen (with) jobs created."

The mayor added that Regina needs land for housing, "and we're going to do that as aggressively as possible. Because that's what we have to do."

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Steve Fortney, president of the Saskatchewan Mining Association, says the industry faces serious labour force challenges. ROSS ROMANIUK/METRO

Digging for talent

Human resources. Saskatchewan's mining companies will need between 13,000 to 15,000 workers in the next 10 years

ROSS ROMANIUK
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Saskatchewan's mining industry is faced with the prospect of digging deep for human as well as natural resources to continue thriving.

The industry in this province will need an estimated 13,000 to 15,000 new workers in the next decade largely due to expansions and retirements, Saskatchewan Mining Association (SMA) officials said on Monday.

"Skilled people are definitely in shortage," Steve Fortney, SMA president, said after a Saskatchewan Mining Week announcement in downtown Regina.

"We've partnered very heavily with the aboriginal community. We'd like to get them involved in the mining industry, and help them to prosper and grow with the rest of the province."

A reason for optimism, said SMA executive director Pam Schwann, is the Saskatchewan government moving toward "more of an alignment of budgeting of post-secondary institutions to labour market needs."

As well, she pointed out, the International Mining Institute of Innovation, based in Saskatoon, is focusing on education and training as well as research and development.

"We've got a significant part of the labour force over 55 years old, and could theoretically retire at any point. You lose a lot of knowledge when that happens, as well. But our companies and our association are working with the post-secondary institutions in course development," Schwann explained, noting that mining occupations are "not really unskilled. There's a lot of training that goes on."

Whether in uranium, potash or other mining, Schwann said, the industry is "also high-tech, more and more" and has to highlight that aspect.

"We need to move past the prior conceptions of the mining industry as a pick-and-shovel type of job," she said, "and move it into more of the reality where it is today."

Queen St. Police probe homicide after body found in North Central yard

City police are investigating a homicide after a 22-year-old man succumbed to injuries he was found with early Monday in a yard in Regina's North Central area.

Investigators collected information and evidence on Monday from four areas on the 1000-block of Queen Street, where they believe the victim wandered before collapsing.

"We think that the victim walked for some distance before he collapsed," said Elizabeth Popowich, spokeswoman for the Regina Police Service.

She added that officers are investigating, in particular, "a spot I believe in the back alley, a place on Queen Street proper and at least two other spots nearby."

The victim, a Regina resident, has been identified, though police have not released his name. They have also not released the cause of death in Regina's fifth homicide of the year.

Police cordoned off several houses in the morning, while investigators were in an alley behind one home.

Police were called to a North Central residence about 5 a.m. because of the injured man. Officers began CPR on him until paramedics took him to a hospital, where he died at approximately 6 a.m.

As of Monday afternoon, there had been no arrests in the case. ALYSSA MCDONALD/METRO

One in serious condition. Two men burned in Saskatoon explosive fire

Two men are being treated for serious burns after an explosive fire at a home in Saskatoon.

Dispatchers received several calls late Sunday reporting an explosion, with one neighbour saying his whole house shook.

Firefighters found the house engulfed in flames, the front windows blown out and the front wall pushed out several centimetres.

Craig Young, Saskatoon Fire and Protective Services battalion chief, says two people inside were able to escape the blaze, but were badly burned.

A 31-year-old man suffered second-degree burns and was in stable condition, while a 23-year-old man sustained second- and third- degree burns and was in serious condition.

"They're pretty lucky to get out," Young said. "I was told that they had to dive out a window ... they were keeping pretty quiet as to what happened."

Investigators are still working to determine the exact cause.

Saskatoon police spokeswoman Alyson Edwards said there is no evidence the explosion is linked to a drug lab.

"I know that there is some speculation around that," she said. "There is no evidence at all that there was any meth lab or grow-op."

Damage is estimated at about $100,000.

THE CANADIAN PRESS/CKOM

Success. artsVest program extended

A national program matching local business sponsorship dollars for arts organizations is getting a two-year extension in Saskatchewan.

In the past two years, approximately 100 arts organizations in Saskatchewan have benefited from the artsVest program, and connected them with 421 businesses throughout the province.

"We've seen so many new business partnerships, which is really the proof that the program works in developing new relationships," Laura Adlers, national program director for artsVest, said on Monday as the extension was announced.

$1 million will be invested for the next two years, $500,000 of it provided by the Saskatchewan government and the other half by Heritage Canada.

The program will hold eight free workshops across Saskatchewan, as well as web tutorials. Each arts organization will then be able to apply for pre-approved funding of up to $20,000. After a jury selection process, the organization has six months to secure the sponsorship dollars, which artsVest will then match.

"It helps us bring in some bigger names," said Al Fitzpatrick, who was at the funding announcement representing the Regina Jazz Society. "In order to get the crowd out, we need to have a name — and without money, we can't get the name."

Fitzpatrick said they also use the funds to pay artists to play their free stages, and have used businesses partnerships with the Cathedral Village Free House, Bushwakkers Brew Pub and Crave Kitchen and Wine Bar, where the announcement was held. ALYSSA MCDONALD/METRO

Kevin Kasha plays at the artsVest funding announcement. METRO

Fundraising goal

$200K

American-based website Gawker on Monday hit its fundraising goal to buy what it says is a cellphone video appearing to show Ford smoking crack cocaine. Whether the site would in fact be able to collect the video as it has promised remained unclear. Gawker editor John Cook indicated he was having difficulty finding the video's owner. Gawker has promised to donate the money to a Canadian non-profit that deals with substance abuse if the deal were to fall through.

Toronto Mayor Rob Ford makes a statement to the media after the resignation of his communications aides, George Christopoulos and Isaac Ransom, in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Two more top aides leave beleaguered Toronto mayor

'Soldiering on.'

Ford says his brother's executive assistant will become his new communications head

Rob Ford lost two more senior members of his staff Monday, leaving the already beleaguered mayor with an increasingly depleted office as he attempts to quell a still-raging crack-cocaine scandal.

The departure of Ford's press secretary and his deputy came days after his chief of staff and the mayor parted ways, but Ford insisted it would be "business as usual" at city hall.

"We're just soldiering on," Ford said.

Facing reporters, Ford would only say George Christopoulos and Isaac Ransom had "decided to go down a different avenue."

"I wish them the best of luck in their future endeavours."

He refused to talk about the circumstances, saying he never discusses "personnel issues."

Neither man offered any immediate explanation for their decision to leave, but within minutes, their email and cellphone accounts had been disabled.

Last week, it was announced that Ford's chief of staff Mark Towhey was no longer on staff — reportedly after advising the mayor to get help. Towhey said only that he did not resign.

In a tweet following word of the latest resignations Monday, Towhey called Christopoulos and Ransom "outstanding, honest and honourable professionals."

Before announcing the departures, Ford said Monday he wanted to "sincerely apologize" to reporters for derogatory remarks about the media. Over the weekend, Ford used his radio show to attack the media as a "bunch of maggots."

"It has been bothering me, a lot," he said of his comments, explaining he was under a lot of stress. THE CANADIAN PRESS

Robocalls

Ruling should help reforms: Ex-chief of Elections Canada

The former head of Elections Canada, Jean-Pierre Kingsley, says a toughly worded Federal Court ruling helps make the case for reforming election-campaign rules on robocalls before Canadians next go to the polls. Last week's judgment refused to overturn the 2011 election results in six ridings.

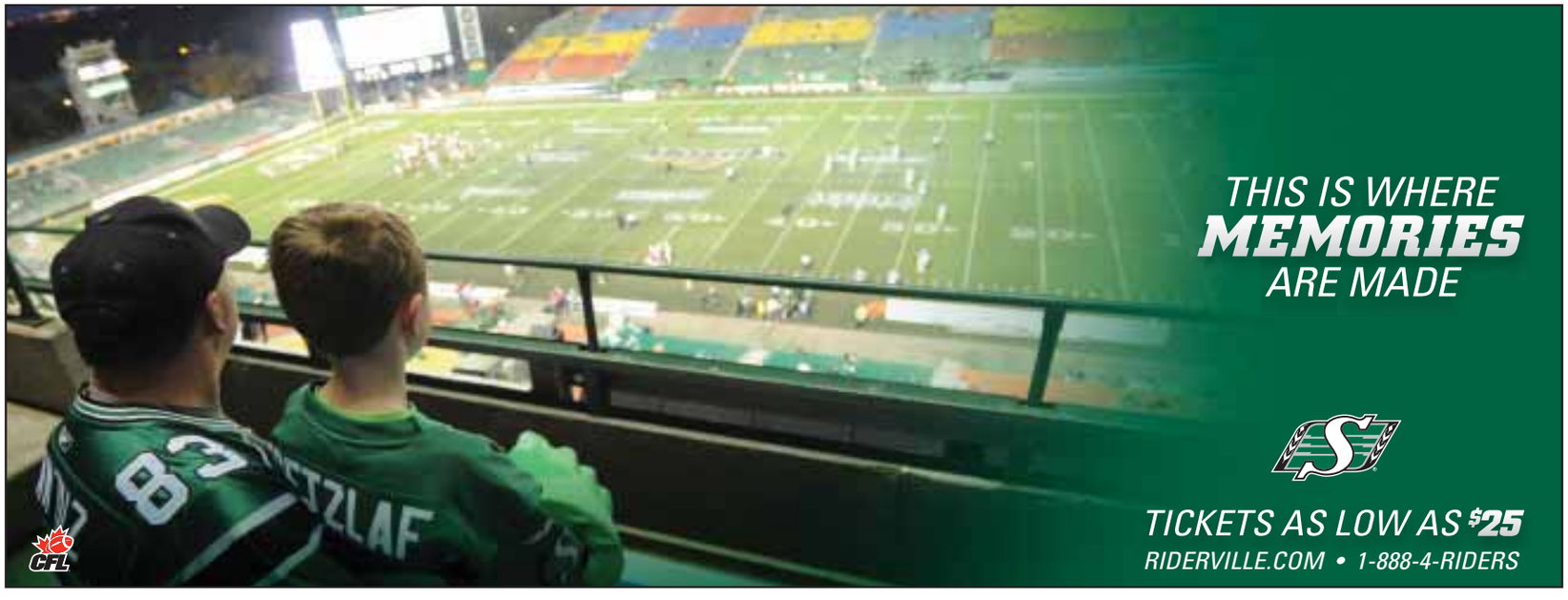
Judge Richard Mosley ruled unequivocally that fraud did take place and his judgment linked that fraud directly to the Conservative party's internal database — but found no evidence that any Conservative candidate or official was involved. THE CANADIAN PRESS

Social security

Tribunal staffed with Tory donors

Up to a third of the people who landed cushy patronage jobs on the new Social Security Tribunal gave money to the Conservative party, Elections Canada records show. As many as 16 of 48 so far appointed donated money to the party, riding associations or candidates. None appear to have given money to any other party.

Questions arose after it was revealed that as many as one of every five appointees to the EI Boards of Referees ran afoul of federal guidelines. THE CANADIAN PRESS



U.K. Tenth arrest made in fatal street slashing

British police arrested a 10th suspect Monday in connection with the vicious street killing of a soldier in London, apparently an Islamic extremist attack.

The 50-year-old man was detained in Welling, east of London, on suspicion of conspiring to murder Lee Rigby, Scotland Yard said. Police gave no further information.

The arrest came as more details trickled out about of one of the two main suspects, who were shot by police.

Officials say the pair had been known to them for some time, but revelations that one, Michael Adebolajo, had been arrested in Kenya in 2010 — and claims that security officials had tried to then recruit him as an informer — have fuelled questions about whether authorities could have done more to prevent last week's killing. THE ASSOCIATED PRESS

B.C. Family terrorized slain woman, friends say

A B.C. woman whom Indian authorities believe was the victim of an honour killing planned in Canada 13 years ago spent the final months of her life in fear of her family, her friends testified Monday at the extradition hearing of her mother and uncle.

Jaswinder Sidhu was found dead in India at age 25.

Her mother and uncle are facing extradition to India to see conspiracy charges for allegedly unleashing the attack on the woman and her poor, lower-caste husband.

At one time, Sidhu arranged a code with coworker Jody Wright, one of her few confidants, that would initiate a call to police. Wright said she made that call twice.

"The code word was, 'I'm sick or I have the flu.' That was my trigger to call the cops because she was locked in her bedroom," Wright told the court. THE CANADIAN PRESS

No parachute, no problem

Man OK after jump from moving plane

A man flying into Toronto shocked his fellow passengers when he leaped from a moving plane at Pearson International airport early Monday.

The 32-year-old Toronto man was on a flight returning from Cuba when the incident took place just after midnight.

The plane landed safely and was taxiing towards its gate when the man opened an emergency exit and jumped, said Peel Regional Police.

"The door opened and somebody on the plane had to yell out that this gentleman had opened the door," said Const. Fiona Thivierge.

"Luckily, he was not injured."

It was discovered the man had mental health issues. He was taken to a local hospital. THE CANADIAN PRESS

Lack of hard evidence puts the hurt on G20 police brutality case

Pics or it didn't happen. Victim struggles to prove that cop's riot shield caused broken shoulder

The first trial of a Toronto police officer facing criminal charges in the G20 protests is focusing on photos and video of one man's arrest, though none captured the moment he says he was hit with a riot shield.

Dorian Barton, whose shoulder was broken on June 26, 2010, had ventured down to the Ontario legislature to scope out the scene.

A line of police officers had formed to the south of him, and as he was facing east taking pictures he was hit from behind, Barton said.

A witness, Andrew Wallace, said he saw Barton, 32, getting "charged" by a police officer, who hit Barton with his shield, knocking him over, and then struck Barton with his baton.

"It was disgusting," he testified. "A police officer who, with no provocation ... charged an unarmed person."

Const. Glenn Weddell has pleaded not guilty to assault causing bodily harm and assault with a weapon. His lawyer said at the start of the trial that the only contact Weddell had with Barton was to help him up after he tripped.

Wallace was taking photographs of Barton's arrest and two videos of it also surfaced, yet none show Barton being knocked to the ground by a shield or being hit with a baton.

The clearest video starts with Barton already on the ground. One officer helps him up, and quickly he is surrounded by several other officers in riot gear. They usher him a few steps forward, then one of the officers appears to shove him. He trips over a curb and falls to the ground again.

The officer who pushed him quickly walks away and isn't seen on the video again. THE CANADIAN PRESS

Toronto Police Const. Glenn Weddell, charged with assault causing bodily harm in the alleged beating of Dorian Barton. RENE JOHNSTON/TORSTAR NEWS SERVICE

Picked from the crowd

After the arrest, witness Andrew Wallace took photos of the officer who he said had hit the victim. Those photos were used to help identify Glenn Weddell.

U.S. cracks whip as Canada secures military intel

The United States carried out a rigorous followup with Canadian military intelligence centres in the wake of a navy spy scandal to ensure that new, stricter security protocols had been enacted, say multiple defence and intelligence sources.

American liaison officers were asked to verify that enhanced compliance and accountability measures for the handling of shared intelligence were in place and working, said a military source.

The Harper government has acknowledged that fixes were underway as a result of the Jeffrey Delisle case, but the scope of U.S. direction startled Wesley Wark, a visiting professor at the University of Ottawa's graduate school of public and international affairs.

Well-deserved

"I think Canada has got to take its lumps on this.... Our security system failed and failed abysmally."

Wesley Wark, visiting professor at the University of Ottawa's graduate school of public and international affairs

"As far as I'm aware, that is the first time in the history of Canada's allied relationships on the intelligence front that we've ever been faced with that kind of stringent requirement and deadline to fix things," Wark said in an interview.

"Perhaps the Americans didn't quite trust the Canadians to come up with a sufficient security fix, sufficiently quickly."

The increased oversight comes as a result of lapses that allowed former sub-lieutenant Jeffrey Delisle, 42, to use a floppy disk and thumb drive to copy and smuggle top secret information out of a Halifax intelligence centre.

Delisle, arrested in January 2012 by the RCMP, was sentenced to 20 years in prison after pleading guilty to passing classified material to Russia in exchange for cash on a regular basis for more than four years.

Slow to act

The Canadian Press revealed this week that the Canadian Security Intelligence Service (CSIS) had Delisle under surveillance for months before the RCMP stepped in to build a criminal case.

Senior Canadian defence officials acknowledged the introduction of more stringent controls over the downloading and printing of classified information.

"What disturbs me is that the terminal with the most sensitive, top-secret information on it was not disabled and blocked from downloading to a removable device," one source said.

The Americans have since been trying to determine whether the improvements are adequate. THE CANADIAN PRESS

Que. council to start meetings with a prayer

Reversed. Human-rights tribunal ordered an end to practice in 2011 after complaint from resident

A Quebec municipality has won the right to begin council meetings with a prayer, following a high-profile case that became part of the province's emotionally charged identity debates.

The provincial Court of Appeal reversed the decision of a lower tribunal in the case of Saguenay, Que. It overturned the prayer ban in a decision made public Monday, saying that reciting a prayer does not violate the religious neutrality of the city.

"This case raises the difficult and delicate issue of the state's religious neutrality," the verdict said. "This concept combined elements of sociology, philosophy and law, requiring us to reconcile fundamental values of our democracy."

Quebec's human-rights tribunal had issued a ruling in 2011 ordering a stop to the prayers. It also insisted that the crucifix in the city council chamber be removed and that damages be paid to a resident who had complained.

The mayor of Saguenay, Jean Tremblay, fought that ruling in court.

THE CANADIAN PRESS

Religious neutrality

The court ruled the man who brought the case to court did not demonstrate that he was discriminated against.

The municipality of Saguenay, Que., has won the right to start council meetings with a prayer. DAN KITWOOD/GETTY IMAGES

Royal Caribbean fire

Cruise sending passengers back home on a plane

Royal Caribbean says a fire that broke out aboard a ship has forced it to cancel the rest of the cruise and that more than 2,000 passengers will be flown back to Baltimore from the Bahamas.

The cruise line says the fire that began at 2:50 a.m. Monday was extinguished about two hours later with no injuries reported. A cause wasn't immediately known.

Royal Caribbean said in a series of tweets later Monday that executives have met with passengers aboard the ship and that the cruise line is arranging flights for all guests on Tuesday.

It said passengers will receive a full refund of their fare and a certificate for a future cruise.

THE ASSOCIATED PRESS

The damaged exterior of a Royal Caribbean cruise THE ASSOCIATED PRESS

Trippin' tots. Kids pay high price for medicinal marijuana snacks: Study

Increased use of medical marijuana may lead to more young children getting sick from accidentally eating food made with the drug, a Colorado study suggests.

Medical marijuana items include yummy-looking gummy candies, cookies and other treats that may entice young children. Fourteen kids were treated at Colorado Children's Hospital in the two years after a 2009 federal policy change led to a surge in medical marijuana use, the study found. That's when federal authorities said they would not prosecute legal users.

Study cases were mostly mild, but parents should know about potential risks and keep the products out of reach, said lead author Dr. George Sam Wang, an emergency room physician at the hospital. Unusual drowsiness and unsteady walking were among the symptoms. One child, a five-year-old boy, had trouble breathing. Eight children were hospitalized, two in the intensive care unit, though all recovered within a few days, Wang said. By contrast, in four years preceding the policy change, the Denver-area hospital had no such cases. THE ASSOCIATED PRESS

Candy bars laced with marijuana are seen at the Alternative Herbal Health Services dispensary in San Francisco in 2006. JUSTIN SULLIVAN/GETTY IMAGES

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Two-child limit. Suu Kyi condemns Myanmar's plan to revive old policy

Opposition leader Aung San Suu Kyi and Islamic leaders expressed dismay Monday over plans by authorities in western Myanmar to revive a two-child limit on Muslim Rohingya families, a policy that does not apply to Buddhists and comes amid accusations of ethnic cleansing.

Some Buddhists, however, the plan for addressing their fear of a Muslim population explosion.

Authorities in strife-torn Rakhine state said this past weekend that they were restoring a measure imposed during past military rule that banned Rohingya families from having more than two children. Details about the policy and how it will be enforced have not been released, sparking calls for clarity and concerns of more discrimination against a group the UN calls one of the world's most persecuted people.

"If true, this is against the law," said Suu Kyi, the opposition leader and Nobel Peace Prize laureate. Suu Kyi has faced criticism for failing to defend the Rohingya following two waves of deadly sectarian violence last year. She told reporters she had not heard details of the latest measure but, if it exists, "It is discriminatory and also violates human rights."

THE ASSOCIATED PRESS

The Rohingya

Myanmar does not include the Rohingya as one of its 135 recognized ethnic minorities, but considers them to be illegal immigrants from Bangladesh.

- For years, the Rohingya have needed permission to travel outside their villages and to marry. Any offspring that exceeded the two-child limit were refused birth registrations, and denied the right to attend school, travel and marry.

Romania unfurls world's biggest flag

Romanians struggle to keep the world's biggest flag firmly planted on the ground in windy conditions on the Clinceni airfield, south of Bucharest, Monday. Guinness World Records recognized Romania's 79,290-square-metre red, yellow and blue flag as the new holder of the Guinness World Record title, downing Lebanon, which had held the previous record. It took about 200 people several hours Monday to unfurl the five-ton flag that measures 349.4 metres by 226.9 metres, about three times the size of a football pitch.

VADIM GHIRDA/THE ASSOCIATED PRESS; INSET: BOGDAN CRISTEL, POOL/THE ASSOCIATED PRESS

Japan

Osaka mayor apologizes for sex comment

An outspoken Japanese politician apologized Monday for saying U.S. troops should patronize adult entertainment businesses as a way to reduce sex crimes, but defended another inflammatory remark about Japan's use of sex slaves before and during the Second World War. Osaka Mayor Toru Hashimoto, co-leader of an emerging nationalist party, said his remarks two weeks ago rose from a "sense of crisis" about cases of sexual assaults by U.S. military personnel on Japanese civilians in Okinawa, where U.S. troops are based under a bilateral security treaty.

Hashimoto also said he had not tried to condone a system of so-called comfort women, but meant to say military authorities at the time in many countries, not just Japan, considered it necessary.

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New Yorkers learn to share

Tourists pose for photographs by a bicycle docking station near the Empire State building on Monday in New York City. The privately funded Citi Bike bike-share program launched Monday with 6,000 bikes at 330 docking stations in Manhattan and parts of Brooklyn. Officials hope to expand to 10,000 bikes. More than 9,000 people have signed up, and an annual membership costs $95 US. Mayor Michael Bloomberg calls the long-awaited program a "big win" for New York City residents and tourists.

FRANK FRANKLIN II/
THE ASSOCIATED PRESS

Prospect of U.S. border fees divides states north-south

Proposed study. Opposition to levies is strong in communities close to 49th parallel, but folks near Mexican border feel differently

Quoted

"(A border fee would be) a deterrent. They should be doing anything they can to get (Canadians) down here to buy more."

Michael Hill, who runs a gas station just south of the border in Washington state

By Michael Hill's estimation, 90 per cent of the people pumping gas at his station just south of the U.S.-Canada border in Washington state are Canadians.

Gas north of the 49th parallel, he said, is about $1.30 per gallon more expensive than in the United States. But that's not the only product that Canadians seek in visits to Washington state: Beer, wine and milk are significantly cheaper (beer and wine alone are roughly half the price in the U.S.).

Add a strong Canadian dollar and the result is a key element of the economy in the towns of Whatcom County. For example, the town of Blaine, population just shy of 5,000, generates over $225,000 from a penny per gallon gas tax, which is about 30 per cent of its street maintenance budget.

That's why Hill and others are troubled by the notion of charging a fee to enter the U.S. by land. Last month, in its 2014 fiscal year budget proposal, the Department of Homeland Security requested permission to study a fee at the nation's land border crossings.

"It's a deterrent," said Hill, whose station is fully stocked with wine and has a reader board that says "Thank you Canadians."

"They should be doing anything they can to get them down here to buy more," he added.

That lone request sparked wide opposition among members of Congress from northern states, who vowed to stop it. A fee, they say, would hurt communities on the border that rely on people, goods and money moving between the U.S. and Canada.

Lawmakers and people from the southern border, though, did not show such strong opposition, highlighting a north-south divide on how to pay for border infrastructure.

A sign outside a gas station in Blaine, Wash. thanks cross-border shoppers for their business.
THE ASSOCIATED PRESS FILE

Democrat Congressman Ruben E. Hinojosa, who represents a district in Texas that includes McAllen and its nearby border region, said fees would be good if the revenue stream is used to improve infrastructure.

It now costs nothing to enter the U.S. by land. Air and sea crossings already have a fee of under $2 US, which are included in ticket prices.

THE ASSOCIATED PRESS

Air travel. Both sides confident of victory in T.O. waterfront jets fight

Both sides in the battle over whether to allow jets to fly out of Toronto's waterfront airport say they are confident that they will ultimately prevail.

Porter Airlines CEO Robert Deluce believes municipal politicians will give their nod because Porter's plan addresses the technical issues that concern most people.

"I think that we have an excellent chance of getting the required approvals that would allow these whisper jets to start operating by as early as January 2016," he said. Deluce was in Montreal on Monday to receive an honorary doctorate of science degree from McGill.

Toronto Coun. Adam Vaughan said he's equally sure that his colleagues will reject the effort when it comes back for a final vote. He said it would be very difficult to restrict the airport to just one type of jet.

Bob Deluce, CEO of Porter Airlines, announces a conditional order for 12 Bombardier CS100 jets in early April. THE CANADIAN PRESS FILE

Toronto council recently voted 29-15 to send the proposal to staff for further study and recommendation. But Vaughan said many who voted yes indicated to him that they did so only because they want more information to back up their opposition.

THE CANADIAN PRESS

Montreal

SNC-Lavalin offers 'amnesty' to whistleblowers

SNC-Lavalin Group Inc. says it is making a limited-time offer of "amnesty" to whistleblowers within its workforce. The Montreal-based engineering giant says it won't seek damages or unilaterally fire employees who voluntarily provide a full, truthful report about potential corruption and anti-competitive activities.

SNC is undergoing both internal and police investigations for alleged fraud and corrupt practices in Canada and abroad by some former employees. THE CANADIAN PRESS

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Natural gas, Dow Jones:
Closed for U.S. holiday

General Electric is betting billions on fracking boom

Workers tend to a well head at a fracking operation in western Colorado.
THE ASSOCIATED PRESS FILE

One of America's corporate giants is investing billions of dollars in the new boom of oil and gas drilling, or fracking.

General Electric Co. is opening a new laboratory in Oklahoma, buying up related companies, and placing a big bet that cutting-edge science will improve profits for clients and reduce the environmental and health effects of the boom.

"We like the oil and gas base because we see the need for resources for a long time to come," said Mark Little, a senior vice-president. He said GE did "almost nothing" in oil and gas just over a decade ago but has invested more than $15 billion US in the past few years.

GE doesn't drill wells or produce oil or gas, but Little said the complexity of the fracking boom plays into the company strengths.

Wells are being drilled horizontally at great depths in a variety of formations all around the country, and that means each location may require different techniques.

Quoted

"It's exciting to see. I think it is a positive response to legitimate public concerns about the environmental impacts (of the fracking boom)."

Environmentalist Michael Shellenberger, one of the founders of Oakland's Breakthrough Institute

There are also big differences in how surrounding communities view the boom.

There's been little controversy in traditional oil and gas states such as Oklahoma, but nearby landowners in Pennsylvania, Colorado and other states have complained of environmental and health effects. "My own view is things can be managed," Little said of concerns about drilling, adding they need to be managed carefully.

THE ASSOCIATED PRESS

FORGETTING FACES IS THE PITT'S

SHE SAYS

Jessica Napier
metronews.ca

If you're ever lucky enough to meet Brad Pitt face-to-face, you should know that he'll probably forget you right away. And it's not just because he's Brad Pitt the movie star who meets hundreds of new people on a weekly basis, it's because he might be 'face blind.'

In a recent interview with Esquire magazine, Pitt revealed that he believes he has prosopagnosia, a medical condition which makes it almost impossible for him to remember the faces of the people he meets. And while it might sound like a convenient excuse for an egocentric movie star's forgetfulness, this facial recognition disorder is actually surprisingly common — affecting about one in 50 people with varying degrees of severity.

But what about the rest of us?

A little memory lapse is forgivable every once in awhile, but I think there's something inherently arrogant about individuals who make little effort to remember other people. For most of us, recognizing familiar faces isn't the main issue — it's trying to remember names.

We've all found ourselves in that awkward situation: You see an acquaintance at a party and attempt to gauge whether or not they remember you while racking your brain to recall their first name. Eventually you're introduced to one another by a mutual friend and both awkwardly pretend that you're meeting for the first time. It seems to be an unspoken social rule that it's better to play dumb than actually admit you don't know each other's names.

From professional networking events to impromptu run-ins with high school classmates, forgetting someone's name can be an embarrassing blunder for everyone involved. It's hard to say whether it feels worse to be the nameless individual who can't seem to make a lasting impression or the jerk who can't be bothered to remember other people's names.

Whenever I hear someone quip, "Sorry, I'm so bad with names," I can't help but think that what they're truly saying is, "I won't be making an effort to think about you after this conversation." Sure you might make excuses about being hopelessly forgetful, but an inability to recall names does reflect your interest level in others — at least to some degree. If you aren't particularly concerned with developing interpersonal relationships, you'll be less likely to remember if your neighbour's name is Laura or Lauren.

People who are "good with names" aren't just well-mannered; they're attentive listeners with a higher level of investment in their social circles. And it's not just about winning friends; some of the most successful businesspeople are the ones that have a knack for names and memorizing details about their clients and customers.

There's no doubt first impressions are important and although it might seem like a small detail, remembering a name is one of those vital social graces that can make or break a relationship with a new(ish) acquaintance.

Unless you're Brad Pitt of course; I'd be happy to forgive him for forgetting me.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Passing the Olympic torch

DAVID VAN DYKE/METRO

Olympic pride returns home

Mark Tewksbury received the torch in Athens, Greece, in 1996, when he took part in a ceremony commemorating the centennial of the Summer Olympics. After the event, each athlete was presented with a torch to take home. METRO

Coming out sparks LGBT donation

Mark Tewksbury, winner of the gold medal for the 100 metres backstroke at the 1992 Summer Olympics in Barcelona, Spain, donated an Olympic torch in support of Come Out and Play, the gala fundraiser in support of the Canadian Lesbian and Gay Archives and OutSport Toronto.

"I wanted something to represent that moment in history," said Tewksbury, who came out in 1998, adding that, in a way, this is about passing the torch to a new generation of LGBT athletes. METRO

The archives

- The Canadian Lesbian and Gay Archives (clga.ca) is a repository for books, documents and other material related to the LGBT community in Canada.
- Among the other sports-related items at the archives is a championship belt donated by boxer Mark Leduc, who won a silver medal at the 1992 Barcelona Summer Olympics and came out in 1994.

Momentum

"It's starting to pop again."

Mark Tewksbury, Olympian, said of athletes coming out and referencing the recent announcement by professional basketball player Jason Collins that he is gay, and out soccer player Robbie Rogers making his Major League Soccer debut with the Los Angeles Galaxy last week. Tewksbury's advice to athletes trying to decide whether to come out: "Do it in your own time."

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I hate to be the bearer of bad news, but somewhere out there lurks an unflattering photo of you. Of all of us. Which means we're all one dry joke written in impact font away from becoming an unwitting Internet meme. Just ask these three, who eventually learned to embrace their, um, fame.

Scumbag Steve:

Clad in questionable fashion while leering through an open door, Blake Boston became the perfect stand-in for boorish, selfish behaviour. But, when he finally got wise to his fame he handled it like Good Guy Greg. @BlakeBoston617

Overly Attached Girlfriend:

While filming a Justin Bieber parody video, Laina Walker wore a wide-eyed stare of unhealthy devotion that became a touchstone for anybody who has dealt with a partner's warped definition of "caring." But don't be fooled, she actually seems lovely. @laina622

Grumpy Cat:

So, saying Grumpy Cat is handling her fame well would perhaps be giving too much credit to the emotional range of your standard house cat. But then again, how would you be able to tell? @RealGrumpyCat

Twitter

@metropicks asked: Canadians are making a stink over maple syrup-scented bills. How would you like money to smell?

@thepolishviking: like fresh cut greens, of course

@kerbizz: like money!! $

@CHFIErin: How would I like $100 bills to smell? Just like the inside of my purse, for starters!

@Hockeyangel10: Like a freshly brewed cup of Tim Hortons coffee!!!

@FrenchmanCanada: Imagine telling someone "You smell like a million dollars!"?

@mattsnothere: My cash usually smells like futility and sadness. So anything that's not that.

@karen_dorward: Bacon! So I can literally bring home the bacon. :)

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: reginaletters@metronews.ca

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So, you think you know Soderbergh?

Career in review. There are whispers the filmmaker has had his final hurrah — so what better time to look back on his Hollywood legacy?

MATTHEW PRIGGE
Metro World News in New York

Soderbergh has had highs and lows in his career. GETTY IMAGES

Behind the Candelabra, starring Michael Douglas as Liberace and Matt Damon as his younger lover, premiered Sunday on HBO Canada. Most of the coverage, inevitably, has revolved around two major male stars playing gay together, as well as Douglas' spot-on impersonation as the flamboyant (and closeted) pianist.

Somewhat under reported is that this is the alleged final film of Steven Soderbergh, the storied and award-winning director who, among many other things, helped breathe life into both independent and mainstream American cinema.

Soderbergh had threatened to retire a few years ago, citing exhaustion with the movie business, and even with moviemaking itself. His plan is to concentrate on painting and maybe do some TV. It's very possible (or we're simply hoping) this is a Jay-Z-style "retirement" — a sabbatical/mental health break that will set up a triumphant return to the medium he conquered. But for now, Candelabra is his swan song. (Although if you really want to be a stickler, Side Effects, his last film released theatrically, is his farewell to cinema. But Candelabra is currently in competition at the Cannes Film Festival.)

In honour of this perhaps non-ending to what we feel has been a fantastic and thrilling career, filled with excellent and experimental work that flexed the muscles of what mainstream (and underground) film can do, we've decided to round up a handful of amusing tidbits about the director that might have flown over many people's heads.

His first film was a Yes concert documentary

Soderbergh was only 26 when his debut fiction feature, Sex, Lies and Videotape, won the Palme d'Or at Cannes. Young as that seems — and he was the youngest director to have a film win the festival's top prize — it wasn't his first. That would be Yes 9012Live, released in 1985, and featuring lots of then-cutting-edge video editing effects as the prog rock legends played one of their most popular albums. (It's the one with Owner of a Lonely Heart.) Released on video, it was even nominated for a Grammy. It still took him another four years to get a real feature off the ground — but it's OK because he was still only in his mid-20s.

His ex-wife was the body double for Jessica Rabbit

Till 1994, Soderbergh was married to Betsy Brantley, an actress who has two minor credits in major motion pictures: she was the body double for Roger Rabbit's curvy wife, and she was Fred Savage's mother in The Princess Bride. Brantley also played his wife in the no-budget 1996 comedy Schizopolis, two years after they were divorced. Which brings us to…

During a rebellious period, Soderbergh made a super-bizarre no-budget comedy

This isn't the first time Soderbergh has dropped out of Hollywood. After his Palme d'Or smash, Soderbergh made three projects that failed to catch much attention: Kafka, King of the Hill (not the TV show) and The Underneath. These are, respectively; flawed but interesting, a neglected masterpiece and underrated. He became the poster child for squandered potential. So he quit. To refuel his creative juices, he spent three years tackling low budget productions, such as the Spalding Gray monologue film Gray's Anatomy, and doing for-hire writing jobs, including Nightwatch, Mimic and the failed Henry Selick film Toots and the Upside Down House. The most insane of these is Schizopolis, a tiny, excessively idiosyncratic experimental comedy in which he essentially dumps all of the insane comic, alienating ideas he's never used into one film. It's much tighter than that sounds, although sometimes bewildering and even inscrutable. It's also hilarious and incisive into his frail mental state at the time, not only because it featured him acting (hilariously, it should be added — he needs to act a lot more) alongside his recent ex as marrieds. (Her character winds up cheating on him with another character, also played by him.) He published a hilarious self-deprecating book about said period.

Bizarre Twitter account

As alluded to here, Soderbergh has a strange, wonderfully bizarre sense of humour, which manifests itself even in his dramas, and in "impersonal" Hollywood fare. ("Ocean's Twelve" is one of the silliest sequels ever made.) Soon after his retirement from film, he announced he had a "stealth" Twitter account, which was outed as "@Bitchuation." Every week or so, without announcement, he goes on a tweet bender, spouting inscrutable — and often weirdly sage — pronouncements in 140 characters or less. Right now he's in the middle of writing a Twitter novel, which appears to be a globe-trotting spy story comprised mostly of gnomic utterances and dry silliness. The account doesn't have his name on it, but it did have an official blue "confirmed" check next to it — which has since mysteriously disappeared.

DVD reviews

Beautiful Creatures

Director. Richard LaGravenese

Stars. Alden Ehrenreich, Alice Englert, Viola Davis

●●●○○

A momentous life change awaits Lena Duchannes (Alice Englert) upon her 16th birthday: She'll officially become a witch or simply remain a bitch. The terminology in Beautiful Creatures, a movie of heaving bosoms, hearty winks and atrocious southern accents, is that Lena will be "claimed" by family voodoo and involuntarily turned Dark (extremely witchy) or Light (merely bitchy). You might well argue there's not much difference between the two, and that's certainly the view of Lena's erstwhile boyfriend Ethan Wate (Alden Ehrenreich), who is tired of being treated as a doormat by fretful Lena and her freaky kinfolk. But Ethan appreciates absurdity, maybe because he looks like a younger version of Johnny Knoxville from Jackass. So does the movie, written and directed by Richard LaGravenese (P.S. I Love You), which makes this inevitable attempt to fill the post- Twilight void of supernatural teen romance easy to take. It's based on the first book of the four-volume (and counting) Caster Chronicles by Kami Garcia and Margaret Stohl. Trouble is a-brewin', but Beautiful Creatures is in no rush to get there or to make the story excessively grave. This may disappoint moviegoers who prefer to see bloody bite marks and exploding heads. Extras include deleted scenes and making-of featurettes.

PETER HOWELL

SCENE

Amanda Bynes

Bristling Bynes tries to rile Rihanna while letting off steam on Twitter

Amanda Bynes is on the warpath, taking to Twitter to blast media outlets that reported on her recent arrest and start trouble with pop star Rihanna.

Bynes tweeted directly at the singer with the shocking, "Chris Brown beat you because you're not pretty enough." She followed that up with, "I almost named my new dog Rihanna." She later deleted all posts related to the singer. As for the media, responding to E! News' report that she'd thrown a bong out her apartment window before being arrested, Bynes tweeted: "Nothing was thrown out the window! They asked if a vase was a bong, to which I replied no, that's a vase. "Stop writing pathetic articles about me! E! isn't run by beauty queens like me! I've met you all! You're a bunch of drug users and alcoholics! I don't drink or do drugs!"

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pattinson packs up — pooches and all — and moves out of casa del K-Stew

Robert Pattinson spent Memorial Day weekend moving back into his own home, a Spanish-style villa similar to ex-girlfriend Kristen Stewart's and only a few miles away in the Los Feliz neighbourhood of L.A., according to TMZ. He was spotted last week removing belongings — as well as his two dogs — from Stewart's nearby home, which the two had been sharing. Stewart, meanwhile, was caught off-guard by a swarm of paparazzi in an underground parking garage this weekend and responded with a pair of middle fingers.

Twitter

@ChloeGMoretz
Hell yeah Disney Land

@TomArnold
A nice glass of wine can make any meal a relapse.

@AnnaKendrick47
No Game of Thrones this week. So, I'm just gonna go back to sleep for another 7 days.

Damon Lindelof

Damage control for Star Trek writer

Star Trek Into Darkness writer Damon Lindelof is doing damage control after waves of criticism over a shot in the film of actress Alice Eve in her underwear. "I copped to the fact that we should have done a better job of not being gratuitous in our representation of a barely clothed actress," he wrote on Twitter. "We also had Kirk shirtless in underpants in both movies. Do not want to make light of something that some construe as misogynistic. What I'm saying is I hear you, I take responsibility, and will be more mindful in the future."

Roman Polanski

Polanski takes a pop at the Pill

Roman Polanski isn't necessarily a fan of birth control, complaining during a press conference in Cannes for his new film, Venus in Furs, that the Pill has had a "masculinizing" effect on women. The 79-year-old director says the Pill has "changed the place of women in our times." He also gripes that moves toward gender equality are having a negative impact on chivalry, noting that "offering flowers to a lady" has now become "indecent." Polanski's wife, Emmanuelle Seigner, stars in Venus in Furs as a strong actress dominating her director during the production of a play.

Without protection, summer paradise can be a nightmare

Summer health. Check your body — and your SPF — to stay safe this summer when you're having fun in the sun

Even though skin cancer can be as deadly as breast or any other cancer, people still take chances with sun and tanning bed exposure. Every year, there are more new cases of skin cancer than breast, prostate, lung and colon cancer combined, according to The Skin Cancer Foundation.

We had Dr. Sarah Gora, medical and scientific relations leader at Vichy Laboratories, and Dr. Ellen Marmur, a board-certified dermatologist and member of the American Academy of Dermatology, give us the lowdown on staying healthy.

Are people wearing enough sunscreen?

"No, most people don't, and most people apply sunscreen too thinly. At Vichy we recommend using half a teaspoon for the face and at least 30 ml (the equivalent of a golf ball) for an adult body," says Gora. A good general rule, she adds, is to reapply every two hours of sun time. If you're swimming and perspiring apply more often. "(People) forget about their ears, their neck, the back of their hands, parts of their feet, their scalp and their lips. And if you can't reach it, have someone apply sunscreen there for you."

Tanning beds

Did you know?

- **Get out of the bed.** Just one (one!) session in a tanning bed ups your risk of melanoma by 20 per cent, according to The Skin Cancer Foundation.

Metro's pick

- **Hate the greasy feel of sunscreen?** Vichy Capital Soleil Sheer Lotion SPF 45 Bare Skin Feel ($29.95) is designed to feel light on the skin, with a non-oil or sticky finish.

What SPF should we all be wearing?

"The choice of the SPF index (UVB only) depends on your skin's phototype and the sun exposure length and intensity. If your phototype index is low (fair skin), it requires a higher SPF index," says Gora. "Intense exposure to sun, such as a day on the beach, also requires a higher SPF index and a protection against UVA. For a weak sun exposition and for the average person, we recommend a minimum SPF index of 30."

Lather up before you lap up those rays. ISTOCK PHOTOS

Seriously, stop tanning

"Tanning beds are known to increase the risk of skin cancers by 75 per cent," Marmur says. "No one should use them."

Can you please explain the difference between UVA and UVB?

"From sun radiation, we receive ultraviolet (UV) rays A and B (UVC are globally stopped by the ozone layer). UVB (five per cent of UV rays) are well-known to be responsible for tan and sunburn, but they are also involved in skin cancer development," says Gora. "UVB rays do not cross through glass and are partially absorbed by cloud. Therefore they are mainly present during the summer and between 10 and 2 p.m. UVA (short and long) represent 95 per cent of the UV radiation received. They are not blocked by glass and they are responsible for immediate pigmentation, skin aging, sun intolerance and skin cancer. Long UVA, the most prominent UV rays (75 per cent of UV rays) penetrate deeply into the skin and are responsible for many damages in the skin with a build-up and long term effects."

LINDA CLARKE AND METRO

Superstar support

Landon Donovan on why sunscreen matters

Landon Donovan has won titles on the pitch, but now he's trying to help out off it.

"I've spent most of my life playing soccer outdoors, but I wasn't always diligent in applying sunscreen. That all changed when my father discovered a bump on his eyelid that turned out to be skin cancer. My father was lucky to have caught it early. He's now cancer-free. Many men overlook the importance of sun protection. In 2012, The Skin Cancer Foundation found that nearly half of men don't wear sunscreen. So, I've partnered with The Skin Cancer Foundation and the makers of Banana Boat and Hawaiian Tropic sunscreens to educate men on the risk and how they can protect themselves. Visit sunblunders.com to learn more."

Landon Donovan. GETTY IMAGES

Best Health

New hope for MS patients

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

May is Multiple Sclerosis Awareness Month, and there's good news in the current issue of Best Health.

A drug that was previously used to treat a type of leukemia has been found to benefit patients with early MS — both those who have not yet been treated for MS and those who did not respond to the first drug they were prescribed.

According to the results of two phase III clinical trials published in the journal The Lancet, the drug, called Alemtuzumab, reduces the number of relapses experienced by MS patients, when compared to a drug commonly used to treat MS called interferon beta-1a (Rebif).

In one two-year study, 65 per cent of patients on Alemtuzumab remained relapse-free, compared to 47 per cent of patients on interferon beta-1a.

However, adverse events were higher in the alemtuzumab group.

It's not yet known when, or if, the drug may become available for Canadians, but the MS Society of Canada is monitoring activities related to alemtuzumab and will provide updates on its website (mssociety.ca).

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

A new drug is showing promise for MS patients. ISTOCK PHOTOS

Shellfish Kabobs are easy as presto, or in this case, pesto

This recipe serves four and contains 229 calories and 11 grams of fat per serving. BRIAN MACDONALD, ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

These shellfish kabobs make a great appetizer or an entree when served over rice or couscous. If shellfish isn't what you like, fish such as salmon and halibut are equally delicious. Feel free to use any combination of vegetables (as in the photo).

If you're using wooden skewers, soak them for at least 20 minutes in water before barbecuing.

1. Thread the scallops, shrimp and tomatoes evenly onto 4 large or 8 small skewers.

2. To make the pesto, purée the basil, Parmesan, pine nuts, cream cheese, garlic, stock and oil in the bowl of a small food processor until smooth. Brush half the pesto over the kabobs.

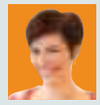
3. Preheat a grill to high, or spray a non-stick skillet with cooking oil and place over high heat. Grill or sauté the kabobs on both sides just until cooked, about 5 minutes. Serve with the remaining pesto. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 oz medium scallops
- 8 oz peeled and deveined large shrimp
- 16 cherry tomatoes (or a combination of bell pepper and red onion)
- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp low-sodium chicken stock or water
- 2 tbsp olive oil

Health Solutions

Vinegar isn't just for windows



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Thank goodness the balsamic vinegar bullying is over.

The range of vinegars goes well beyond the bold or the pale white. The nuance of tastes and uses of vinegar is coming into its own.

Aging in oak barrels and imported starters called "vinegar mother" are creating exquisite products.

Gingras Vinegars, for instance, say "the noble vinegar mother from France converts alcohol to acetic acid in apple cider. The oak cask imparts flavour and colour." Sounds a lot like fine wine and not something you sprinkle on fries.

- Snazzy cocktail makers are using a splash in drinks
- Salads benefit from a finer, less sharp, richer vinegar
- Many swear by a teaspoonful of apple cider vinegar for indigestion
- A splash of vinegar in a broth helps remove more calcium from bones to the liquid
- Boil down a cheaper vinegar to intensify its flavour and use as a drizzle

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Grilled Sausage with Fire-Roasted Peppers

1. Heat the grill to high.

2. While grill heats, set bell peppers on grill grates. Cook, turning occasionally, until skin blackens and blisters all over. Remove peppers from grill and place each one in lunch-size paper bag. Close bags and let rest until cool to the touch.

3. Carefully rub off and discard the skin from peppers, then cut out and discard cores. Cut each pepper into strips; set aside.

4. After peppers are done, close grill lid and wait for grill to reach 550 F. Once grill is at temperature, adjust one side to medium and other to very low to allow for indirect grilling.

5. Prick each sausage with toothpick in few places to ensure that they won't explode on grill. Place sausages directly on clean cooking grates on cooler side of grill. Cook, turning occasionally, about 30 minutes, or until browned and sizzling.

6. Remove from grill, let sit 3 minutes. Serve on bun with fire-roasted peppers, brown mustard and caramelized onions. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, THE AUTHOR OF SOAKED, SLATHERED AND SEASONED

Ingredients

- 3 red or yellow bell peppers
- 4 uncooked sausages, such as bratwurst, beer brats, cheddar brats, Italian, etc.
- 4 hard rolls
- Spicy brown German mustard
- Caramelized onions (optional)

Barbecue with gusto: Beef Tenderloin with Red Peppers

This recipe serves six. THE CANADIAN PRESS H/O

1. Combine salt, black, white and Szechuan peppercorns, onion flakes, garlic, mustard seeds, coriander seeds, ancho pepper and dill seeds. Fill a pepper grinder with as much of the mixture as it can hold. Store remaining Steak Spice in an airtight container in a cool, dry place away from heat and light

2. Season filets with Steak Spice, pressing seasoning into meat. Set aside.

3. Roast peppers on the grill, turning periodically, until peppers are charred and blistering. Place peppers in a bowl and cover with plastic wrap. The heat from the peppers will produce steam that makes the skin easier to peel. After 10 minutes, peel and seed peppers and cut into 1-cm (1/2-inch) wide strips, place in a bowl and let cool.

4. At the same time as you are grilling the peppers, grill onion. Remove from grill, cut onion rings in half and add to red peppers. Season with a drizzle of olive oil, balsamic glaze and fresh oregano. Season with a squeeze of fresh lemon juice and salt and black pepper. Mix well and set aside.

5. Crumble goat's cheese and refrigerate until needed.

6. Fire up your grill to 290 to 345 C (550 to 650 F). Add cheese to roasted red pepper mixture. Season to taste with a little more salt and pepper. Gently mix.

7. Grill filets for 3 to 4 minutes on one side. Turn steaks and top each with a handful of roasted red pepper and goat's cheese mixture. Close lid and cook for 3 to 4 more minutes for medium-rare doneness. Remove from grill and serve immediately. THE CANADIAN PRESS/ GASTRO GRILLING: FIRED-UP RECIPES TO GRILL GREAT EVERYDAY MEALS

Ingredients

Steak Spice

- 75 ml (1/3 cup) coarse sea salt
- 50 ml (1/4 cup) each whole black peppercorns, whole white peppercorns, Szechuan peppercorns, dried onion flakes
- 45 ml (3 tbsp) granulated garlic
- 30 ml (2 tbsp) each mustard seeds, coriander seeds
- 15 ml (1 tbsp) each flaked ancho pepper, dill seeds

- 6 beef tenderloin filets (about 170 g to 225 g/6 to 8 oz each), cut 4 cm (1 1/2 inches) thick
- 2 red bell peppers
- 1 medium red onion, sliced into rings
- 30 ml (2 tbsp) olive oil
- 30 ml (2 tbsp) balsamic glaze
- 15 ml (1 tbsp) chopped fresh oregano
- 1/2 juicy lemon
- Salt and black pepper, to taste
- 125 ml (1/2 cup) soft goat's cheese

These moms curse a lot, drink to excess, reveal scary truths and draw twisted little stick figures of their kids pooping and whining relentlessly. And they're bringing their derelict parenting to you. The authors behind a fresh round of parenting books love their munchkins, to be sure, but there's something about the scorched earth narrative that sells memoirish parenting books these days. Is the goal an instructional one? Inspirational? How about some advice?

THE ASSOCIATED PRESS

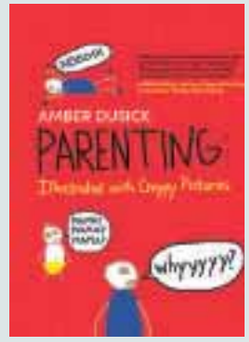
Four ways to get fresh parenting advice

Scary mommy

Jill Smokler's Scary Mommy certainly can't do it all. Motherhood Comes Naturally (And Other Vicious Lies) is her second spin off of her popular blog and parenting community at Scarymommy.com. The first was Confessions of a Scary Mommy. The 35-year-old mom of three, including boys just 20 months apart, has noticed a difference in exactly how much filth and frustration parents are willing to reveal in the five long years since she first put up her blog.

"There wasn't this acceptance about being this sort of less-than-perfect mother, but all of a sudden it feels like that is becoming the norm rather than the exception," said Smokler, in Baltimore, Md. "There came a tipping point where everybody just couldn't keep up that facade anymore and there was just a backlash, and here we are."

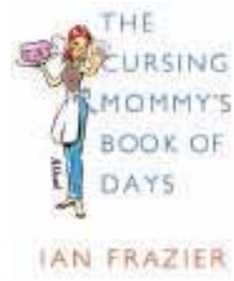
No advice



"No, there isn't any. I don't have anything. No advice. Nobody has any advice," laughed Amber Dusick, a Los Angeles mother of two who brings us Parenting: Illustrated with Crappy Pictures. The book's 50 "crappy laws of parenting" include this at No. 16: "When you sneak to the pantry to eat chocolate, you will get caught."

Dusick, whose boys are six and three, began blogging nearly two years ago. Her childlike drawings lend a creepy air to life with the Crappy family, including that fateful day when they all get sick. Tempers and temperatures flare, and bodily fluids fly all night, brought alive by her hollow-eyed illustrations.

The expletive-infused parent



Ian Frazier's popular cursing mommy character from his columns in The New Yorker now has her own novel called The Cursing Mommy's Book of Days, a diary of dereliction spread over a year of boozing, bad parenting and expletive-infused mockery of a capacitor-hoarding husband named Larry.

There's this entry for Wednesday, April 13: "Yes, lying in a steaming tub with a bottle of Kahlua and ignoring the children's knocks on the bathroom door all afternoon is not the most mature coping strategy. So stipulated, your honour!"

Can you do it all?

"We've opened up the dialogue," offered Nicole Knepper, who has two kids and wrote Moms who Drink and Swear, complete with a chapter titled, Suck it, Santa Claus.

"People have really found ways to be more authentic about who they are and how it affects us as parents. My mom's generation, they did a lot of pushing down their own interests and their own personalities because they were all about the kids, and this was their job and their focus, whereas my generation (She's 43 and lives in Plainfield, Ill.), the expectations are different. You multi-task. You do it all, only nobody can do it all well."

The first time is special — when it comes to home ownership. ISTOCK IMAGES

Are you going to get into your dream home?

Money. Prospective homeowners faced with challenges previous generations didn't have — but it's not all bad news

YOUR MONEY
Alison Griffiths
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There are a few million millennials dying to have a home of their own.

However, despite record low interest rates, they're confronted with huge challenges not faced by previous generations.

Aside from anything else, research is clear that young buyers are earning relatively less than their parents did with reduced job security and fewer benefits regardless of education.

The good news is the real estate market is softening. Sales volumes are declining and unsold inventories are building, historically both are precursors of lower prices.

For example, the Halton Region is a desirable community served by rapid transit just outside Toronto. According to real estate and mortgage agent Domenic Manchisi, residential inventory stood at 1.9 months a year ago. It's now 2.6 months, meaning if no other properties came on the market it would take that long to sell everything.

"When inventories reach about four and a half months we're slipping into a buyer's market," he says.

It's still a far cry from 2009 when there was 7.5 to eight months of inventory in Halton. However, there are clear signs across the country that the trend is similarly tilting in favour of house hunters.

The toughest part of buying for newbies is the down payment. Manchisi advises buyers to focus on carrying costs, which are relatively lower than they were for their parents.

TD senior economist Sonya Gulati points out that 1988 average house prices were just under $130,000 in Canada. Today they are just more than $361,000.

Assuming a typical 10 per cent down payment, millennial parents had monthly mortgage costs of $1,310 with an interest rate of 12 per cent. Today, at a three per cent fixed rate and with a 20 per cent down payment (required to avoid mandatory mortgage insurance) the monthly outlay would be $1,391. (Bear in mind today's dollar has considerably less buying power than it did in 1988.)

"Young buyers should look at a five-year closed rate at around 2.9 per cent, but I'd be accelerating my payments as if it was four per cent," Manchisi advises.

Manchisi refinanced his rental properties when rates plunged but kept the payments at 5 per cent.

"I shaved six or seven years off the life of the mortgages and will end up saving $90,000."

In numbers

5.4%

Canadian residential home prices grew by an average of 5.4% annually from 1980 to 2012.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

French Open

Montrealer wins Grand Slam debut

Playing in her first Grand Slam main draw, Montreal native Eugenie Bouchard defeated Tsvetana Pironkova 6-1, 7-6 (2) Monday to reach the second round of the French Open.

Next up for Bouchard — defending champion Maria Sharapova. THE CANADIAN PRESS

Eugenie Bouchard GETTY IMAGES FILE

NASCAR

Fox Sports still unsure why camera cable snapped

Fox Sports says on Monday it still had not determined why an overhead TV camera cable snapped during the Coca-Cola 600.

The network says a full investigation is underway and use of the camera is suspended indefinitely. Earlier, NASCAR said it would wait for Fox Sports to conclude its review before deciding if such technology would be used in future races.

Charlotte Motor Speedway said 10 people were injured when part of the drive rope landed in the grandstand; three were taken to hospitals. All were checked out and released soon after.

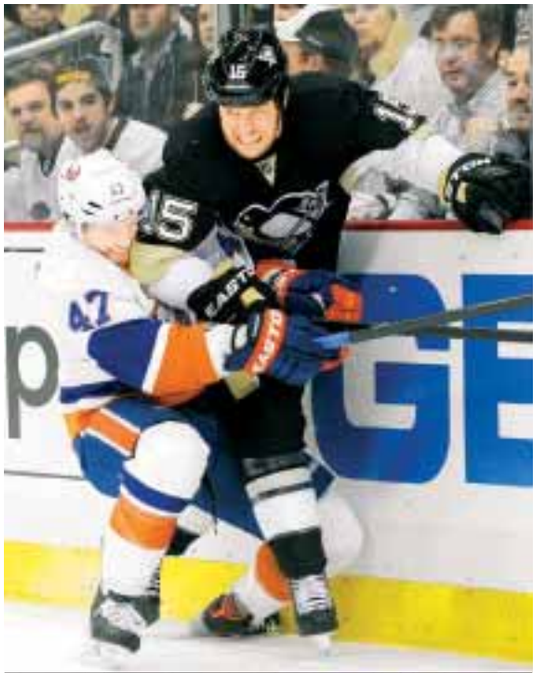
THE ASSOCIATED PRESS

All fired up

"I don't think that he should not play with intensity or dial it down."

Jose Bautista on Blue Jays teammate Brett Lawrie and his angry dugout exchange with manager John Gibbons on Sunday. Lawrie has since apologized to the team.

Pens' supporting cast adds depth to The Crosby Show



The Penguins' Tanner Glass battles Andrew MacDonald of the Islanders for a loose puck during their first-round playoff series on May 3. Glass has had his share of time as a healthy scratch lately. VINCENT PUGLIESE/GETTY IMAGES

NHL playoffs. Role players contributing in big ways when given the opportunities

Tanner Glass started every game for the Pittsburgh Penguins in the regular season, his grit providing the fourth line with a rugged presence to take some of the heat off superstars Sidney Crosby and Evgeni Malkin.

Playing time has proven more difficult in the post-season. Glass has watched six of Pittsburgh's last seven games from the press box. It's an ego-testing vantage point for a player who helped the Vancouver Canucks to the Stanley Cup final two years ago.

Glass is healthy. He's just not a part of coach Dan Bylsma's plan at the moment.

Such is both the blessing and the curse of playing for the league's most talent-laden roster.

"You look at the lineup, you can't say, 'I should be in ahead of this guy or that guy,'" Glass said. "On this team, we've got such a deep team and such a great group of players, you've just got to stay ready."

Hardly an issue these days for the Penguins, who have roared into the Eastern Conference final against Boston on the strength of their stars and a supporting cast that is showing Pittsburgh is hardly just "The Crosby Show."

The Penguins currently have eight players in the top 20 in post-season scoring through the first two rounds. Sure, Malkin and Crosby are doing their thing — combining for 31 points through 11 games — but Pittsburgh is also receiving instant offence from the plug-and-play guys toward the bottom of the depth chart.

Forwards Tyler Kennedy, Joe Vitale, Beau Bennett, Jussi Jokinen and Brenden Morrow have joined Glass as healthy scratches. All five have found ways to respond when they see their number written on the dry erase board following a game-day skate.

Kennedy came off the bench to spark a win in Game 5 of the first-round series with the New York Islanders and hasn't missed a game since. Vitale missed the first four games of the New York series but produced an assist for his first NHL playoff point in Game 5. Morrow didn't dress for a playoff game for the first time in his 13-year career in Game 4 against Ottawa, then responded with the opening goal in the series clincher two nights later. THE ASSOCIATED PRESS

Favourable matchups

Dan Bylsma downplays the suggestion that he has a sixth sense for when a role player is "due." Whenever he shakes things up, it's more based on scouting and matchups than gut instinct.

- "We have good players that are not in the lineup," Bylsma said. "When we inserted (Joe Vitale) into the first-round series, his skill set ... his speed was something we thought we needed, and he made an immediate impact when he came into that series."

Verlander of old helps Tigers sink Pirates

As one of the game's top pitchers, Justin Verlander can accept a little more scrutiny.

He welcomes it, in fact. So there was no grousing from the Detroit ace when he took some heat after three straight ragged starts.

Instead, Verlander went back to work, and on Monday he returned to form a bit, striking out 13 in seven innings to lead the Tigers to a 6-5 victory over the Pittsburgh Pirates. Detroit's Jhonny Peralta had four hits, and the Tigers held on for their sixth win in seven games.

"I expect the bar to be high," Verlander said. "That's where I set it for myself."

Verlander (6-4) hadn't pitched more than five innings in any of his previous three starts, struggling at times with his location. But he was sharp for the most part against Pittsburgh, allowing three runs and seven hits with two walks.

Joaquin Benoit allowed two runs — one earned — in the eighth. Jose Valverde finished for his sixth save in seven chances, striking out a swinging Andrew McCutchen with a runner on first to end it.

Verlander set a season high for strikeouts, although he said his fastball control still wasn't quite good enough.

"Better? Yes. Where I want it? No," he said. "You have a couple bad starts, and the world's on your shoulder — 'What's wrong? What's wrong?' — but hey, that comes with the territory. I'm OK with that. I can deal with it."

THE ASSOCIATED PRESS

Tiger tricks

"He's swinging a magic wand right now."

Tigers outfielder Torii Hunter on teammate Jhonny Peralta, who had his first four-hit game since June 4, 2010 on Monday. The Detroit shortstop is now hitting .341 — 102 points higher than where he finished 2012.

Justin Verlander GETTY IMAGES

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Think big today. With so much activity in the mind area of your chart, your brain will be overflowing with ideas. Many of them will be good.

♉ Taurus
April 21 - May 21
Venus, your ruler, links with Jupiter, planet of good fortune, in the money area of your chart today, which suggests good things if you think positive and act fast when an opportunity arises.

♊ Gemini
May 22 - June 21
No matter how many serious issues you have to take care of, you must make time for some fun over the next 24 hours. There are so many great things going on in your world. Don't miss out on them.

♋ Cancer
June 22 - July 23
You may be tempted to keep your thoughts to yourself because you don't want to rock the boat but you know that would be a mistake. If you see an injustice, speak up.

♌ Leo
July 24 - Aug. 23
Push work worries to the back of your mind and focus on friendships. You cannot escape your obligations but neither do you have to let them rule your life. Think happy thoughts and happy things will occur.

♍ Virgo
Aug. 24 - Sept. 23
Whatever it is you have to work on today, you will be at your most efficient. Not everyone is as organized and focused as you though so try to be patient with those who find it hard to keep up.

♎ Libra
Sept. 24 - Oct. 23
Someone you work with will get on your nerves today but be tolerant because they possess something you need. It's unlikely they will choose to give it to you if you hurt their feelings.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much about the injustices of the world because you cannot possibly resolve them all. What you can do though is be kind to people you meet one-to-one. Even a smile makes the world better.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't listen to that nagging voice at the back of your mind that is trying to convince you that having fun is a sin. Life is about loving and laughing and learning. Have more fun.

♑ Capricorn
Dec. 22 - Jan. 20
Do something that shakes up those people who seem to have slipped into an easygoing mode of thought and action. There is a world out there waiting to be conquered.

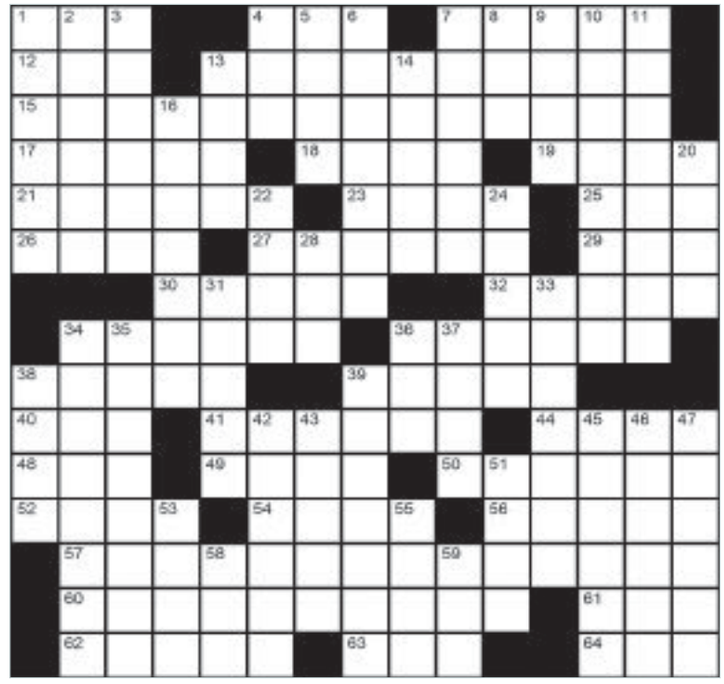
♒ Aquarius
Jan. 21 - Feb. 19
Your conscience demands that you follow a certain course of action and you know from long experience that if you don't obey, you will regret it later. Do what has to be done and make sure you do it well.

♓ Pisces
Feb. 20 - March 20
You may want to gossip today but keep what you know to yourself. If you get a reputation as a bit of a blabbermouth, no one will tell you anything.

SALLY BROMPTON

Crossword: Canada Across and Down

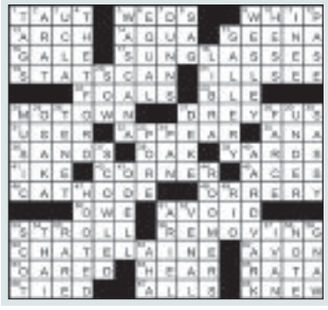
BY KELLY ANN BUCHANAN



Across
1. Canuck financial inst.
4. '70s sitcom starring Don Rickles, "___ Sharkey"
7. Ancient philosopher
12. Leandro's beloved
13. Metal band of "Run to the Hills": 2 wds.
15. Water between PEI and NB/NS, __ Strait
17. Tedium
18. Mark from hail damage
19. Calendar's period
21. Surgically-inserted 'tubes'
23. __-tongued
25. Tina Turner's birth name, Anna __ Bullock
26. Head, in Hull
27. Moviedom's Jack Sparrow, for one
29. Plane's take-off info
30. Reprimand
32. Bluegrass instrument
34. Gets around, as an issue
36. __-Anne-des-Monts, Quebec
38. Feudal†lord
39. Johnny Depp's role in movie "The Lone Ranger"
40. Insect immobilizer
41. Walked confidently
44. Commercial, e.g.: 2 wds.
48. Ball
49. Cooking fat
50. Ground sesames paste
52. Actress Ms. Phillips
54. Father of Manitoba
56. Mails
57. Gothic church's architectural support: 2 wds.
60. Aristocratic headwear at races or weddings
61. Riddle-me-__
62. Followers
63. Snazzy stone
64. Yeps

Down
1. Make a new home, as a bird
2. English novelist Emily (b.1818 - d.1848)
3. Trumpet-like instrument
4. Grand __ (Wine classification)
5. Ceremonial magnificence
6. In agreement, as with a project: 2 wds.
7. "Sit down already!": 2 wds.
8. Rap music's Kim
9. Meat Loaf's birth name, Marvin Lee __
10. Slumlord's housing
11. Michael __ (Canadian author of Booker Prize winning novel The English Patient)
13. "___ the jackpot!!!"
14. Holy birthplace of Muhammad
16. Listens to the radio: 2 wds.
20. Fix over again
22. Detect
24. Credit's opposite
28. They, in Montreal
31. Salad green
33. One more
34. Lawmen in Western movies
35. Reason for Madonna's red string bracelet
36. Saskatchewan attraction, Addison __ House
37. Without _ __ (Daringly)
38. Deuces
39. One's great for carrying books: 2 wds.
42. Produce purchase
43. Rule on the throne
45. Hangout for grapes
46. CBC's Atlantic Canada themed program, "Land __ __"
47. Slangy insults
51. Stars sci.
53. Wall St. landmark, commonly
55. Minstrel's pear-shaped instrument
58. Freezer tray content
59. Mr. Cruise

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	1	4	3	6	8	7	9	5
6	8	9	1	7	5	3	4	2
7	3	5	9	2	4	8	6	1
9	7	8	4	1	6	5	2	3
1	5	3	2	8	9	6	7	4
4	6	2	7	5	3	1	8	9
5	9	7	6	4	1	2	3	8
8	4	6	5	3	2	9	1	7
3	2	1	8	9	7	4	5	6

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